

CAMERON

"RECORD" [DIARY], RECIPES, 1995-1996

[54 pages]

1/55



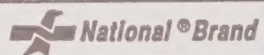


---

# ***Record***







---

## **COLUMNAR & RECORD BOOKS**

---

9 1/4 x 7"

---

80 Pages

---

Patina Blue Granite

---

---

|                 |           |
|-----------------|-----------|
| Item No. 56-301 | Record    |
| Item No. 56-302 | 2 Column  |
| Item No. 56-303 | 3 Column  |
| Item No. 56-304 | 4 Column  |
| Item No. 56-306 | 6 Column  |
| Item No. 56-308 | 8 Column  |
| Item No. 56-312 | 12 Column |
| Item No. 56-341 | Cash      |

---



Dennison Division

---

Framingham, MA 01701

---

Made in USA

---

---



1 January 1995 2:15AM We watched The Wedding Banquet after midnight and on New Years Eve evening we watched Heaven and Earth. There was a slight drizzle. Linda and Me.

1 January 1995 8:22pm I went with LB to her cultural ctr. for their new years chanting. I was surprised that I enjoyed it. I did like the positive energy. Then we went to breakfast at Mel's drive-in. At home I watched football and fell asleep during half time. I decided not to go to Roma's and Diane's party. I didn't think my empty feeling would be an asset to the party nor did I want to feel obligated to talk about the recent deaths in my life.

ECO Timber International 350 Treat Avenue, 864-4900  
Smith & Hawken's Teak is certified independently by the Rainforest Alliance.

Sal Beressi Fabrics → Upholstery & Draperies 40% below  
Wholesale ~~MADE~~ M, M, W, FR ~~12-22~~ + 12 → 2  
1504 Bryant 861-5004 open to public 3 days between ↑

Discount Furniture → National Furniture Liquidators  
1100 Van Ness (at Geary) Free Parking 985-7077

MAZZY STAR "SHE HANGS BRIGHTLY"  
Philadelphia Soundtrack  
Reality Bites Soundtrack  
Forest Gump Soundtrack  
Johnny Cash American Songs  
Counting Crows

MIKE FURNITURE  
2142 FILLMORE  
567-2700  
furniture designed  
for naps in mind  
\$735 chair  
Some from 20's → 30's new



# Healthy House

all wood → avoid particle board → gives off formaldehyde

no carpeting → wood floors

footing, slab

membrane

barrier underneath slab

2 GALS SWISS COFFEE PAINT

## FAX SOFTWARE AND MODEMS

SOFTWARE: FAXSTF 3.1

1. Broadcasts to multiple destinations

MODEMS come with 999 destinations

Tiger Software 1 800 666-2562

Macintosh

Fast as POSS

28.8

Zoom Fax

\$79.90

FAX PRO

multiple

Create  
data base

100

database

500



Richard Riley, a tenor

Tim and Steve were preparing Konstantin's body for the morgue. Richard Riley began singing SWING LOW SWEET CHARIOT on the other side of the hall and then noticed what was happening, then came over Sony behind him as he was heading for the morgue

strawberries, blueberries first in pan <sup>(in kettle)</sup>, warm through, then add raspberries  
can add any white alcohol or kind

45 → 50 Pioneer, 53 Sony, 50 → 60 PROSCAN  
Sony VCR<sup>①</sup>, PIONEER LASER<sup>②</sup>, INFINITY OR KLIPSCH speakers  
pioneer or yamaha receiver<sup>③</sup>, cassette deck<sup>④</sup>, turntable<sup>⑤</sup>  
8mm player<sup>⑥</sup>, CD player<sup>⑦</sup>, sub-worfer  
atlantic survival

132.00 Dolly prologue at Radio

righteousness

You too can be a Native American lesbian. ~~Bad~~  
(In fact anyone living in the USA can claim to be Native American) ~~should that in any way~~  
Our cultures, religions, religious icons, ~~or~~ <sup>or</sup> the realm of Native great grandmothers ~~can be~~ are desecrated by non Native lesbians without qualm, ~~under~~ often with moral righteousness, and under the crust of so-called lost ~~identity~~ identities. ~~For~~ Those of us who have been raised as Native and by great grandmothers, grandmothers are chastised for even merely raising a hint of ~~unpopularity~~ The wrongness of



sell, make and fake, ~~Native~~ <sup>Native</sup>  
→ create inferior art and as Native.

the appropriation of our lives. We ~~are~~ become  
even more the outcasts. The "new Native  
Americans", in the meantime, ~~even~~ <sup>as such</sup> ~~continue~~  
~~exercise~~ ~~these~~ ~~skills~~ make money, get  
jobs, pretend to experience intergenerational  
stress and make a premeditated effort  
to discredit us. I say for those  
of us, ~~who~~ ~~below~~ ~~Native~~ ~~Apologists~~

The often touted gaydar ~~that~~, that instinctual  
~~universal~~ response knowing if who is gay  
and lesbian by ~~even~~ <sup>even</sup> mere glances,  
has a relative in Nadar, our instinctual  
knowing of who is Native. ~~was just~~  
~~Native~~

There is real suffering <sup>and pain</sup> by Native people who  
were taken as children for whatever reasons,  
real suffering by those who were adopted  
and raised ~~in~~ in cultures not ~~the~~ <sup>inherently</sup>  
theirs. But they are not the opportunists,  
~~the~~ ~~the~~ ~~the~~ the desecrators.

Hunting season on Native Americans is  
year round.

400. turn  
200. cash  
140. turn

740  
1600  
2000

740  
1600  
2340



Barbara 80%

Chrystos 50%

Last two weeks of December, closed  
+ one month vacation  
health benefits pd.

Chanterelle

Shitake

Oyster

1. olive oil in pan, add sliced mushrooms, lightly salt  
simmer slowly, evaporate water

<sup>on the pan to</sup>  
2. olive oil, <sup>add</sup> diced onions, add diced shallots  
put uncooked rice into this <sup>to</sup> toast it (golden brown)  
add white wine, let wine be absorbed by rice  
add boiling stock, a little bit at a time,  
continuously, keep the dish perking, add  
sliced porcini mushrooms, a little salt  
juice from reconstituted porcini mushroom,  
then add the other cooked mushrooms  
every few minutes, stir, add butter  
pepper, a little salt, add parmesano

put risotto to serving plate, add more  
parmesano



take sausage out of casing, scrape w/ knife  
brown sausages in olive oil  
let brown well

couple of garlic cloves, squished but not  
sliced, diced, etc., add a little salt

drain excess fat, add fresh oil

add broccoli flowerets, no need for it to be  
really dry, a little red pepper

water should be boiling, add salt,  
add pasta, cover, bring back to boil

add some butter to sausage mix (or not)  
add some stock

place spoon in between top of pan + cover  
romano cheese

drain pasta (don't wash) but drain well

add to sauce, stir a little bit,

add romano

put on warm plate



FT 60,000  
60,000  
 120,000  
 33,600  
153,600

Barbarn  
 Chybs  
~~Pror~~

80% 48,000  
48,000  
 96,000  
 26,880  
122,880

60% 36,000  
36,000  
 72,000  
 20,160  
92,160

50% 30,000  
30,000  
 60,000  
 16,800  
76,800

200,000

500  
 x 2

1000 x 12 = 12,000

3,000 supplies  
 \$ 30,000 Travel

9,000 Rent (500 + 250 x 12)

6,000 Telephone

3,600 Utilities

10,000 equipment

5,000 printing

7,000 postage

43,630

197,230



1. Retreat for Native Women Writers
2. 4 grants per year to Native Women Writers

\$15,000

Substantial

Hawaii or New Mexico

Long range goal

annual retreat in Hawaii

HER GIVE AWAY PRESS

A Project of the  
Institute on Native American Health and Wellness

Barbara Cameron & Nation Shield

Barbara Cameron Nation Shield

Barbara C. Nation Shield

---

Barbara Nation Shield

Linda Boyd

2500



don't continue ~~from~~ fast, prize my health + well being  
above all else

Pluto to Mars

Gemini 1/22/95: Pluto in ♈ gives opportunity to assess  
my impact on others ♀ Rx on 1/26/95  
root out my hidden agenda <sup>before</sup> New Moon 1/30  
refuse to allow doubts to interfere w/  
dreams to DE  
put more faith

|   |    |    |   |    |    |
|---|----|----|---|----|----|
| M | 22 | 23 | W | 24 | 25 |
|---|----|----|---|----|----|

— HER GIVE AWAY PRESS, a project of ~~the~~  
The Institute on Native American Health and Wellness

Summer <sup>pork</sup> ribs for 1 hr. in onions, garlic, water

toast corn tortillas  
green chiles, cilantro,  
+ juice tear up tortillas, put chiles, cilantro all into  
blender, give it a whirl

put all into skillet, bring to boil, if sauce  
gets too thick add a little water, after comes  
to boil, put ribs back in, simmer on low for  
10 minutes in the meantime

rough cut cabbage, put <sup>about</sup>  $\frac{1}{2}$  into skillet, add a  
little bit of water and little bit of oil  
pinch of salt + pepper, work just to wilt  
put pork ribs over cabbage, spoon green sauce over it  
(optional, crumble cheese)



- Federal exemption
- trailing permit
- bank account
- funding research
- personnel policies
- fiscal policies
- Board members

↳ no less than 2, no more than 7

- Letterhead
- Brochure
- Direct mail
- Marti Farha, Diane Sabin, Ron + Diane  
 \$500 \$1,000 , other  
 Pam David, Pam ~~Mc~~ Michael

$$\begin{array}{r} 125 \\ 8 \overline{) 1000} \\ \underline{800} \phantom{00} \\ 200 \phantom{00} \\ \underline{160} \phantom{0} \\ 40 \end{array}$$

$$\begin{array}{r} 103 \\ 8 \overline{) 824} \\ \underline{64} \phantom{00} \\ 184 \phantom{00} \\ \underline{160} \phantom{00} \\ 240 \phantom{00} \\ \underline{240} \phantom{00} \\ 0 \end{array}$$



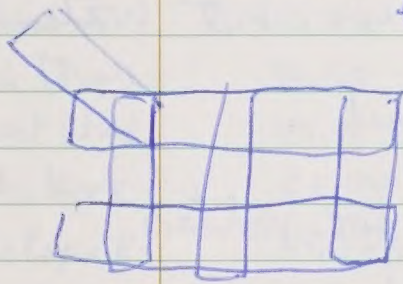
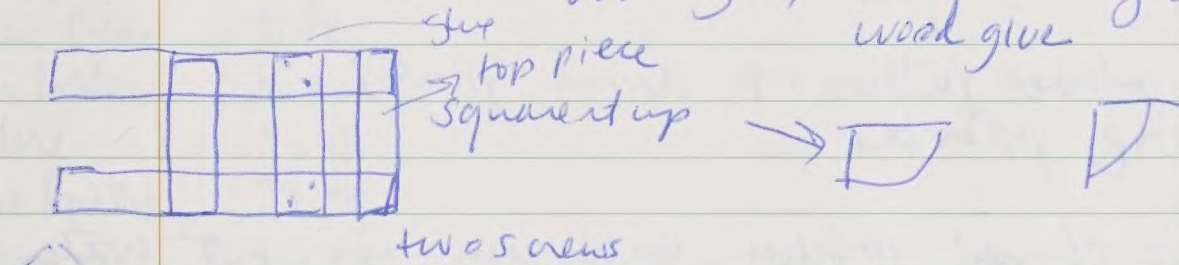
# Step Stool

Family Handyman Magazine

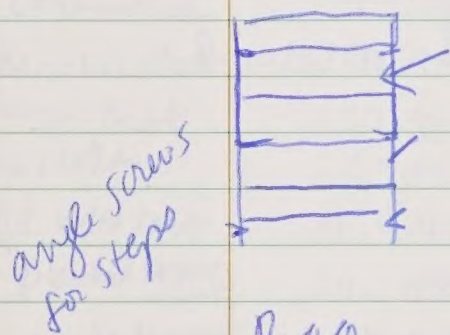
sand pieces after cutting, smooth edges (round)

4 pieces = 4 legs same length make sure square

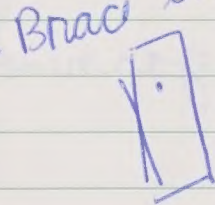
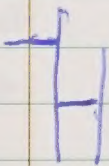
arrows pointing to top lines where cleats will go, use straight edge wood glue



power drill

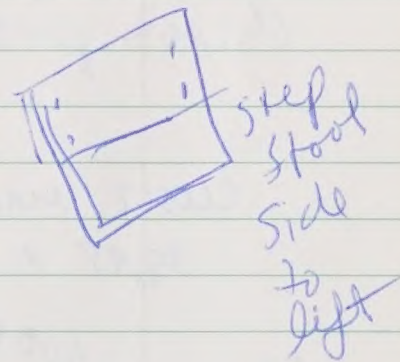


Brace



Brace in middle of side boards  
two screws

two pieces of wood for top  
plane hinge





4 lg russet potatoes grated  
 stove, put in little  
 potatoes, cook 10 min. , pack down grated  
 put into 350° , put butter on

~~saute~~ / Chopped mushrooms 4g  
 bell pepper  
 purple onion  
 two <sup>and</sup> discs of polenta, in 30 sec turn over

put potato patties on dinner plate,  
 remove polenta

canoe shaped potatoes baby corn in hot water  
 place polenta, potatoes on baking sheet

put mushroom mix into potatoe pates  
 top w/ polenta, top w/ slice cheese  
 into oven  
 drain potatoes, corn, garnish around

CLOSET MAKE OVER

$$39.95 \times 4 = \$160.$$

1800 694 5035

$$\begin{array}{r} 39.95 \\ \times 4 \\ \hline 159.80 \end{array}$$

+ s/h 39.95 closet organizer  
 Boy 30531  
 Tampa, FL 33630



Johnny Cash  
Robert Redford  
Jodie Foster  
Lily Tomlin

|                         |           |
|-------------------------|-----------|
| on the Border           | 46.98     |
| Rodeo Blue              | 46.98     |
| Star Border             | 46.98     |
| Ombre                   | 44.98     |
| Black Paper Bags        | 39.98     |
| Throw                   | 54.98     |
| Lakota Throws           | 39.98 x 2 |
| Desert Wind             | 49.98     |
| Concho Mocs             | 21.98     |
| Laredo Roper K's        | 49.98 x 6 |
| Ladies Roper            | 69.98     |
| Ladies Lari             | 99.98     |
| Macchese Hank           | 399.98    |
| Ranger Belt             | 32.98     |
| Bond Collar             | 29.98     |
| D/L w/lt Coat           | 119.98    |
| Bleached Denim<br>shirt | 24.98     |
| Indigo shirt            | 24.98     |
| Bond collar             | 29.98     |
| Multi Stripes shirt     | 29.98     |
| Baseball jacket         | 39.98     |
| Trophy flared           | 29.98     |
| Aztec Henley            | 24.98     |
| Blue Aztec              | 29.98     |
| Denim Jacket            | 29.98     |
| ✓ ✓                     | 49.98     |
| Bond Collar             | 29.98     |



a new we are writing to ask for your support of  
~~our~~ exciting and long overdue project. We  
have formed a nonprofit organization, The Institute  
on Native American Health and Wellness to  
address the gamut of health concerns facing  
Native people. We do not define health  
as limited to mental and physical needs.

The well being and health promotion of  
Native people has many forms of expressions  
and we hope to advance Native people's  
health through the Institute. Some of  
the projects and programs that we intend  
to establish include a ~~Native~~ national  
Native health magazine, a library of  
medical information tailored to Native  
people, projects addressing the  
silent violence

One of the first projects that we are  
developing is a press that will  
publish Native women writers. There are  
only a handful of Native women writers who  
have been published by mainstream and small  
presses. We also find that even ~~pro~~ the  
presses that are women of color friendly  
participate in ~~the~~ invisibility contributing to  
the invisibility of our writers.



We believe that it is imperative that Native women writers no longer "depend" solely on non Native presses. The establishment of HER GIVE AWAY PRESS is simply another step in the long road of Native self-determination.

~~We are often asked why by non Native persons who~~

We need your financial support to help establish this dream. The Bureau of Indian Affairs, Tribal governments, universities,

During the first two years of the press, we will focus on fundraising and getting the word out to Native women that a press will be available to them as soon as sufficient capital is raised.

We want to publish ~~young~~ the writings of our aunts, moms, grandmas, cousins, sisters, etc. These writings are ~~of~~ will be gifts for our people.

The name of the press is based on the poem, Her Give Away, authored by Annette.



We need to raise \_\_\_\_\_ as  
 a bare bones Budget to support ~~our~~  
~~efforts to raise the~~ profit in its  
 infancy.

\$15,000

|               |        |
|---------------|--------|
| Power Mac     | 5      |
| Power Book    | 3      |
| Laser printer | 1500   |
| HP plain FAX  | 900    |
|               | 10,400 |

telephones

last two weeks of Dec / closed  
 + 1 mo vacation

48  
 48  
~~96~~  
 96  
 192

~~192~~

|      |    |
|------|----|
| 9-12 | 3. |
| 1-5  | 4. |

60  
 60  
 120,

7.5  
 5  
 37.5



a project that addresses the hate violence experienced by lesbians and gay men of color from white lesbians and gay men. (racism)

nonprofit management workshops that will -  
be tailored to lesbians and gay men of color  
strengthening skills in all areas

and/or  
9 mo  
pd internships  
fellowships

a newspaper that is devoted to lesbians and gay men of color

a safe house for domestic violence victims

a recovery house for Native American lesbians and gay men

a fundraising umbrella organization that fundraises for 4 or 7 color organizations (similar to the one funded by United Way for the general Asian American community)



# Linen Sneakers

35. Indigo  
 35. Chamois  
35. white  
 105.

# Linen Loafers

30. Black  
30. Natural  
 60.

# Stretch Linen A-lines

55. Black  
55. Natural  
 110.

# Solid linen vest

58. mulberry

# Linen vest

48. ivory  
48. eucalyptus  
 96.

# White shirt

38.

# \* Cotton Waffle shirt

38. Apricot  
 38. Indigo  
 38. Shell  
38. Maure  
 152

AB

# Cuffed Twill Trousers

38. Stone  
38. Eucalyptus  
 76

# Classic Linen shirt

50. Dusty Pink  
50. white  
 100.

# linen big shirt

58. Dusty lilac

# Striped linen shirt

68. Dusty lilac

# Drawstring linen pants

54. Coffee

# \* Striped linen trousers

58. Dusty lilac  
58. Chamois  
 116.

# \* Jersey pants

48. Dusty lilac  
 46. Clay  
 48. Chamois  
48. Ivory  
 192.



LB

\* Puma Cotton Tee-Shirt

27. Periwinkle  
27. Dusty pink  
27. white  
27. Red

27. Peacock

27. Black

162

27. Black Raspberry

189.

27. Caribbean blue

216.

Cotton Plus Sweaters

48. Steel blue

48. Navy

96

Stretch Knit pull-on pants

36. Blue violet

36. Blue spruce

36. Stone

36. Elderberry

36. Black

180.

Bayside Twills

34. Stone

34. Khaki

34. Navy

102

cotton reversible vest

38. Blue

38. red

76.

\* gabardine Rayon pants

58. Navy

58. Khaki

58. Black

174.

\* Soft weave Rayon Short-sleeved shirt

34. cream

34. Seagreen

34. raspberry

34. washed indigo

166.

Soft weave Rayon Shirt <sup>short sleeve</sup>

34. Red flower

34. Seagreen flower

34. Navy flower

102.



butter

shin side up chicken breasts

of carrots

chicken broth

in oven  $375^{\circ}$  for 8 min

shed apples in butter cinnamon mega  
brandy

Our right to love  
vacuum bedroom

put clothes away

vacuum closet

mop bathroom floor

paint another chair

glue the chair in the basement

Toolmaster

\$40.00

Sat Mo

8 $\rightarrow$ 5

is one day change since  
closed on SV

110  
lbs 2 types of Drum, one uses lever  
on wheels

220 power

materials cost more than  
edges + sander

~~110 lbs~~



71

- ★ Campaign for Human Development  
United States Catholic Conference  
3211 - 4th Street, N.E.  
Washington, D.C. 20017

communications (alternative media established)  
seed money, November 1 deadline

- application guidelines and instructions

- ★ Pettus Crowe Foundation  
1616 P Street, N.W., Suite 100  
Washington, D.C. 20036

brief letter of inquiry outlining the background  
of the organization, the proposed project and  
what it hopes to accomplish, and the amount  
of the grant request.

- ★ Lucius and Eva Eastman Fund, Inc.  
24120 Summit Woods Drive  
Los Gatos, CA 95030  
description of application procedures

- ★ The Ford Foundation  
320 East 43rd Street  
New York, NY 10017

- ★ Ithelson Foundation, Inc.  
645 Madison Avenue  
New York, New York 10022

health,  
publications



The Robert Wood Johnson Foundation

Post Office Box 2316

Princeton, NJ 08543-2316

application guidelines

The Henry J. Kaiser Family Foundation

2400 Sand Hill Road

Menlo Park, CA 94025

"Information for Grant Applicants"

The Max and Anna Levinson Foundation

430 West San Francisco Street

Santa Fe, NM 87501

The John and Mary R. Markle Foundation

75 Rockefeller Plaza, Suite 1800

New York, NY 10019-6908

informal letter outlining the project.

This letter should include The project's objective, resources needed, personnel involved, and the methods to be used.

Joyce Mertz-Gilmore Foundation

218 East 18 Street

New York, NY 10003

application guidelines

Ruth Mott Fund

1726 Genesee Towers

Flint, MI 48502



The Charles Stewart Mott Foundation  
1200 Mott Foundation Building  
Flint, MI 48502-1851

Ms. Foundation for Women, Inc.  
141 Fifth Avenue, Suite 6S  
New York, NY 10010  
application guidelines

The New-land Foundation, Inc.  
1345 Avenue of the Americas, 45th Floor  
New York NY 10105  
does not have publications  
seed money, general operating support,  
special projects, health

Playboy Foundation  
680 North Lake Shore Drive  
Chicago IL 60611  
brochure describing grant-application procedures

The Public Welfare Foundation  
2600 Virginia Avenue, N. W.

4/15 The Florence and John Schumann Foundation  
33 Park Street  
Montclair, NJ 07042



The Astraea Foundation

666 Broadway, Suite 610

New York, NY 10012

application procedure



peeled, chopped potatoes to boil

egg yolks,  $\frac{1}{2}$  water, milk, add flour, then  
 $\frac{1}{4}$  a. more, strain through colander

slice perches if large at angle  
sprinkle flour on top of fillets  
squeeze lemon, salt pepper  
put more perch on top then flour, s/p brown  
put in frig for one hour  
dredge in flour, then in the egg mix

fry in safflower oil, turn as they brown

remove potatoes, mash, put wit fresh  
crushed garlic, salt pepper, gradually  
add olive oil, 2 TBsp. red wine vinegar  
a little more oil

12  $\Rightarrow$  16 oz. perch, juice of lemon, salt & pepper  
1 cup flour, 4 egg yolks  $\frac{1}{4}$  a. water  
 $\frac{1}{4}$  oz milk, ~~oil~~ ? Safflower oil

4 med white potatoes  
4 garlic cloves  
salt pepper  
2 TBsp. red wine vinegar



The Columbia Fndn.  
Bent Jerny's Fndn.

cook chicken, add <sup>tomato</sup> paste  
in olive oil

1 cup orzo

2 cups water

1 cup broth

2 tomatoes

4 tablespoons butter

blanch

~~boil~~ tomatoes, (put in boiling water) to soften skin, remove skin  
dice

melted butter, put in diced tomatoes

1 cup broth

put orzo into sauce ↑, boil for 2 min

Kataifi dough

cinnamon into 2 cups chopped walnuts

place handful of mix into a clump  
of dough, wrap tightly, sprinkle  
butter

350° 20 → 25 min but check to  
make sure it is not burning



6 cups water

- 1993 Louis M Martini Russian River Valley Gewurztraminer  
\$10 1992 Boeger El Dorado Zinfandel  
1992 Elizabeth Vineyards Mendocino  
1993 Handley Anderson Valley Gewurztraminer  
850 1993 Bouchaine Russian River Valley Dry Gewurztraminer  
\$9 1992 Peghesio Sonoma County Zin (grilled salmon)
- 

27.35

16.00

43.35

48.00

91.35



Sandy Ortiz G/L Homophobia Yuma AZ

( 818 894 4040

→ Latina lesbian

~~Credent Depo~~

17th Ft. Yuma ADAP

Christine Emerson  
Prevention Coordinator

2/17

isolation

Michael Carr

Gay and ~~lesbian~~ technical assistance  
contract  
recovery service

bathe, , finishing plaster

---

Drop cloths

dust mask

goggles

make the ~~and~~ hole a little bigger, underconting  
get rid of loose stuff use vacuum hose



## Lands End Mock Turtleback

sea green<sup>1</sup>, navy<sup>2</sup>, plum wine<sup>3</sup>, white<sup>4</sup>, lt. terracotta<sup>5</sup>,  
straw<sup>6</sup>, black<sup>7</sup>, umber<sup>8</sup>, denim blue<sup>9</sup>,  
balsam<sup>10</sup>, lt. currant<sup>11</sup>

10. x 11. \$176.

## Mock Heather

gray, charcoal 2 x 21. = \$42.

## V-neck Drifter sweater

light pine<sup>1</sup>, wood violet<sup>2</sup>, wild rose<sup>3</sup>, cardinal<sup>4</sup>, navy<sup>5</sup>,  
denim blue<sup>6</sup>, chalk<sup>7</sup>, black<sup>8</sup>, deep sea green<sup>9</sup>,  
butter<sup>10</sup>, lake blue<sup>11</sup>

11 x 29.50 = \$324.50

$\begin{array}{r} 629.50 \\ 206.50 \\ \hline \end{array}$

Stripe buttondown, wide fine stripe  
blue, burgundy

2 x 34.50 = 69.00

## Interlochen long sleeve

light loden, tartan blue

2 x 23. = 46.00

## Interlochen Stripe Short Sleeve

Garnet 1 x 27.50

$\begin{array}{r} 324 \\ 8 \\ \hline 192. \end{array}$   $\begin{array}{r} 96 \\ 2 \overline{) 192} \\ 18 \\ \hline 12 \end{array}$

## Combed Cotton Chinos

indigo blue, natural, light straw, white,  
dusty sage, khaki, light tan

7 x 32.00 = 224.



48.48  
 20.42  
 68.90  
 9.98  
 78.88  
 21.95  
 100.83

Dear Linda

you are my one and only

and such a lovely fun too!

I love, Love, Love you.

Your Sweetie

Birthday cake

coffee  
wine

The Lark Cafe  
 528 Larkin Street  
 SF 885-5458  
 6 March  
 6:30 →

15

a week before

WTHSU



culturally relevant ~~many~~ <sup>social</sup> services  
lack of resources } similar to heterosexual  
racism / invisibility

Native Americans culturally different, we  
have a unique status w/ US government  
our issues are different

mental health

(3) ~~substance abuse~~ <sup>for</sup> recovery home  
domestic violence

→ ~~do~~ documentation of racism, <sup>white</sup> ~~violence~~  
between whites and L/G/C/ color

HIV/AIDS has assisted  
Prof color response to HIV/AIDS  
~~demonstrated~~ has b

move toward self

DV safe house

Recovery home for Native L/G

newspaper devoted to people of color  
bever

training for L/G

technical  
assistance



# PULLOVER VEST

Light pine, Navy, Lake Blue

$$\begin{array}{r} 29.00 \\ \times 3 \\ \hline 87.00 \end{array}$$

87 00

# V-NECK VEST

WOOD VIOLET, NAVY, CARDINAL, DENIM BLUE, LT. PINE  
DEEP SEA GREEN, LAKE BLUE

$$\begin{array}{r} 629.50 \\ \times 7 \\ \hline 206.50 \end{array}$$

206 50

206.50

87.

293.50

# CHINO PANTS

INDIGO BLUE, NATURAL, WHITE, DUSTY SAGE, KHAKI, LT. TAN

$$\begin{array}{r} 32.00 \\ \times 6 \\ \hline 192.00 \end{array}$$

192 00

# TWILBS

DARK OLIVE, DARK GRAPHIC, KHAKI

$$\begin{array}{r} 34.50 \\ \times 3 \\ \hline 103.50 \end{array}$$

103 50

# WRINKLE FREE TWILBS

MUTED KHAKI, LT. TAN, LODEN GREEN, NAVY

$$\begin{array}{r} 29.50 \\ \times 3 \\ \hline 88.50 \\ + 29.50 \\ \hline 117.00 \end{array}$$

$$\begin{array}{r} 192.00 \\ 34.50 \\ \hline 226.50 \\ 117.00 \\ \hline 343.50 \end{array}$$



Chrystos + BMC to Beijing, money  
for air, hotel, food

2100

000

## OUR BEDROOM

Rocking chair

night stand (stripped (from telephone))

Bed

night stand (restripped (from LR))

264.50 LL

293.50

558.00

## CHADWICKS

- 1 Sage
- 2 Stone
- 3 marine blue
- 4 Navy
- 5 olive
- 6 Khaki
- 7 Sage
- 8 periwinkle

719  
x 8  
152  
- 20  
132  
- 50  
82

41  
182  
- 63  
89



LL Bean

Wrinkle-Resistant Cotton Poplin - Pleated front  
Tan, olive, Stone, Ash blue

29.00  
x 4  
116.00

Wrinkle-Resistant Cotton Twill  
Dark Tan

\$32.50

Wrinkle-Resistant Cotton Chinos Pleated  
Stone, Navy, Hunter, Khaki

39.00  
x 4  
116.00

Bean's "Pebble Cloth" Polo  
long-sleeve Pine

29.00

short-sleeve Khaki

27.00

Oxford Shirt

white/blue/pink stripe

29.50

Egyptian Cotton

multi plaid 29.50

Navy Gingham 29.50  
59.00



Cotton Teesucker

green/natural stripe, Navy Check

32.50

33.50

33.50

66.00

all-cotton chambray

Royal/fade, blue/grape, multi, blue/yellows

32.50

~~130.00~~

= 130.00

Washed Denim Sport shirt

Faded denim, stone, stonewashed

x 33.00

99.

Casco Bay Polo shirt

plum/pine 26.00

Double L mesh polo

Cobalt, forest green

20. x 2

40.00

116.

32.50

148.50

116.

264.50

9 prs.



ARVEY'S

paper for resumes  
taxes

SLOAT

Jasmine 3.99

wood filler  
paint  
stripper

Wood conditioner  
wood stain

Adage

Aunt Lute,

My knowledge of Aunt Lute books  
comes through the opinions of a <sup>writer</sup> friend  
of mine.

$$\begin{array}{r} 89 \\ 9 \\ \hline 171 \\ 10.95 \\ \hline 181.95 \\ - 50.00 \\ \hline 131.95 \\ 20.00 \\ \hline 111.95 \end{array}$$



Eddie Bauer Relaxed-fit Khakis

30  
30  
60

pleated-front relaxed-fit Sand  
✓ ✓ ✓ Khaki

EB Dress Chinos

54

tan

54

Navy

54

Olive

162

54

Sand

216

FR SA SU MO TU WE TH

$$\begin{array}{r} 12 \\ 7 \\ \hline £384 \\ 7 \\ \hline 588. \end{array}$$



DAY 1

SAN FRANCISCO → LA

1

LA → SAN DIEGO → YUMA

YUMA → GILA BEND

GILA BEND → AJO

AJO → WHY

WHY → INTO ORGAN PIPE CACTUS NAT'L MON

2

LUKEVILLE (MEX-AZ Border in park)

LUKEVILLE → WHY

WHY → COVERED WELLS

COVERED WELLS → SELLS

SELLS → KITI PEAK NAT'L OBSERVATORY

3

KITI → ROBLES RANCH → TUCSON

TUCSON → SAGUARO NAT'L MON

TUCSON → CASA GRANDE

CASA GRANDE → PHOENIX

PHOENIX → COTTONWOOD

COTTONWOOD → SEDONA

SEDONA → FLAGSTAFF

4

FLAGSTAFF → GALLUP

5,6

GALLUP → ALBUQUERQUE

7,8

ALBUQUERQUE → SANTA FE

SANTA FE → CUBA

CUBA → NAGEEZI

NAGEEZI → CHACO CANYON

CHACO CANYON → BLANCO TRADING POST

9

BLANCO TRADING POST → FARMINGTON

10

FARMINGTON → KAYENTA → TONOLEA → CAMERON → GRAND CANYON NRIM

GRAND CANYON → WILLIAMS

WILLIAMS → KINGMAN

KINGMAN → HENDERSON

11

HENDERSON → LAS VEGAS

LAS VEGAS → LA



LAS VEGAS → LA

LA (DISNEYLAND)

LA SB

SANTA BARBARA → SF

|    |    |    |                 |                 |                 |                 |
|----|----|----|-----------------|-----------------|-----------------|-----------------|
|    |    |    |                 |                 | FR              | SA              |
| SU | MO | TU | WE <sup>2</sup> | TH <sup>3</sup> | FR <sup>4</sup> | SA <sup>5</sup> |
| SU | MO | TU | WE              | TH              | FR              | SA              |
| SU | MO | TU | WE              | TH              | FR              | SA              |

Villagio Saraceno  
08041 Arbatax (NU)  
Zona S. Gemiliano  
Sardinia, Italy

(011-39-782) 667318 in summer

(011-39-782) 667080 in winter

(011-39-782) 667621 FAX

villagio, a kind of Italian Club Med geared  
for families

about ~~120~~ \$120 per night in 1994 (198,000 Lira)

on the beach at ~~Arbatax~~ Arbatax, series of  
mediterranean-style villas w/ tile roofs,  
encompassing flower filled piazzas.

huge swimming pool, tennis courts, dining room  
& terrace

Spacious rooms w/ modern baths  
white sand beach is one of the  
loveliest on all of Sardinia

Three meals  
are included,  
unlimited wine



## Grenada, St. George's

Twelve Degrees North, housekeeping service includes food preparation and market shopping

Rates (in 1994) range from \$125 → \$175 for two, and \$200 to \$280 for four people in a two-BR unit, housekeeper/cook included

Twelve Degrees North, P.O. Box 241, St. George's  
Grenada, West Indies (809) 444-4580

Desert Palm Inn + Suites (next to Disneyland Park)  
800-635-5423

Shuttle to Disneyland Park

see if they have a triple A, ~~no~~ or motorland special

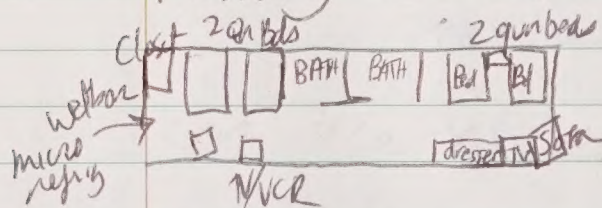
Family Suites (2Rm suites)

pool

video game room

coin laundry

tours arranged



movie rentals

NO pets



Inn Sites / Hotels triple A, may have 10% discount  
800-842-4242

free continental breakfast  
cable TV Inn room fridge & microwave  
Tempe, Scottsdale, Phoenix, Tucson  
Yuma, Ontario, LA

Auto Club Cellular 800 942-2200 Triple A

Gallup 8-13  
8, 9<sup>th</sup>

P.O. 1  
Churchrock  
87311

Gallup Intertribal  
P.O. Box 1  
Churchrock, NM

Redrock

August 8<sup>th</sup>, 9<sup>th</sup> is 1995 Intertribal  
powwow

Santo Domingo Feast Day 505 843-7270  
(was 8/4 in '94)

2/20 21 22 23 24 / ☒ felt pretty sick  
sweaty dry eyes  
Total body pain  
fevers

28, tried to go for a walk, lower  
back "glabbed", painful, felt  
like it



The Santa Fe

OPERA

P.O. BOX 2408

Santa Fe, NM 87504-2408

information <sup>and dates</sup> on the opera season

Triple AAA Arizona / New Mexico Tourbook

Nevada Borno Book

1-800-NEVADA-8

Santa Fe alternative Accommodations

reasonably priced rentals, casitas,

condos

800 995-2272

505 983 1290

SW New Mexico

- Gila Cliff Dwellings National Monument
- ghost towns
- Very Large Arroyo Telescope, largest  
radio telescope in the world
- City of Rocks State Park

Holiday Inn Gallup

1-800-432-2211

2915 West Highway 66

Holiday Inn Deming

505 546-2661

505-546-6308 FAX



## Santa Fe

Quality Inn 505-471-1211; 1800-221-2222 FAX 438-9535

3011 Cerrillos Rd.

Non-smoking, Pets accepted

## Empanaditas

2 LBS. ground chicken

2 cups prepared ~~minced~~ minced meat

1/2 cup piñon nuts or chopped pecans

1 teaspoon allspice

1 teaspoon nutmeg

1 cup brown sugar

Boil

Maya Jones Warehouse  
retail

## Green Chile Stew

2-3 LBS. Turkey wings (or 4 cups left over turkey)

2 8-oz. ~~stew~~ stewed tomatoes

2 cups cubed potatoes

1 large chopped onion

2 cloves garlic, minced

3 cups ~~chili~~ chopped green chile

Salt to taste

cook turkey wings, then  
add all ingredients  
simmer for half an hour  
or more



## Southwest Chile Pie

- 1 baked 9-inch pie shell
- 1 1/2 cups crushed tortilla chips
- 2 cups cooked pinto beans
- 2 cups, diced green chile
- 1/4 cup sliced green onions
- 1/2 cup sour cream
- 1/2 cup shredded MJ cheese
- 1/2 cup shredded cheddar cheese
- sliced mushrooms

preheat oven to 375°

sprinkle 1 cup of chips in pie crust  
combine beans, chile and onions  
spread over chips in pie crust  
Dot w/ sour cream. Top w/  
mushrooms, olives, then cheese,  
finally the rest of the chips  
cover lightly w/ foil and bake  
for about 15 min. uncover  
and bake 30 min longer.  
garnish w/ tomatoes and avocado  
slices, if desired.

arta  
5Fe

Pueblo Hermosa  
501 Rio Grande Ave  
800-274-7990  
505-984-2590



1321 - Gultbank

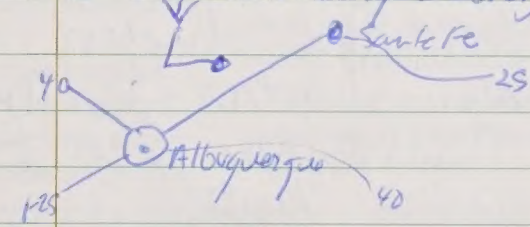
in Old Town

1-25 NO Exit 278, Cerrillos Road

Navajo Textile Mills, Inc.

New Mexico Outlet Center

1-25 to Exit 257/ Budaghers in Algodones 800 969 3767





# Shepherd's Pie

2 tspns oil

1 large onion, sliced

1 LB. ground chicken

1 tblespn flour

1 carrot, sliced

Salt + pepper

1 cup vegetable broth or water

1 pound all-purpose potatoes

3 tablespoons butter

$\frac{1}{3} \rightarrow \frac{1}{2}$  cup milk

Heat the oil in a skillet, add the onion and fry until softened but not brown, about 5 minutes. Crumble the chicken into the skillet, then add the flour, carrot and Salt and pepper to taste. Fry until the chicken loses its raw appearance, about 5 minutes; then add the broth. Simmer gently for 30 minutes.

Meanwhile, peel and quarter the potatoes, place in cold water and boil until tender, about 20 minutes. Mash until free of any lumps.

Add 2 tablespoons of the butter, salt and pepper to taste, and enough milk to make a soft mash.

Preheat oven to  $375^{\circ}$ . Spoon the chicken mixture into a baking dish. Cover w/ the mashed potatoes, fluffing the surface w/ a fork. Dot all over w/ the remaining butter, cut very small. Bake for 30 minutes, increase the oven temperature to  $450^{\circ}$  to brown the top, or place under the broiler.



East Bay Restaurant Supply, Inc.

49 - 4th St. Oakland 800-743-2526

510-465-4300, M → FR 8AM → 530 PM

SA 9AM → 5PM

## SPINACH ENCHILADAS WITH TEQUILA SAUCE

### INGREDIENTS:

#### FILLING:

- ☐ 1 tablespoon olive oil
- ☐ ½ cup chopped onion
- ☐ 10 ounces spinach, cleaned
- ☐ ¼ pound mushrooms, sliced
- ☐ ½ teaspoon salt

#### SAUCE:

- ☐ ½ onion
- ☐ 4 garlic cloves
- ☐ 1 jalapeno chile
- ☐ 1½ pounds fresh tomatillos in the husk
- ☐ ¾ cup water or chicken broth
- ☐ 2 tablespoons mild tequila or vodka
- ☐ 2 tablespoons heavy cream
- ☐ 1 teaspoon salt

#### ASSEMBLY:

- ☐ 3 teaspoons olive oil
- ☐ 6 corn tortillas
- ☐ 1½ cups grated manchego cheese or Monterey Jack

**INSTRUCTIONS: The filling:** Heat the olive oil in a 10-inch nonstick skillet and saute the onions, placing the spinach on top. Keep moving the spinach around so it wilts and sautes evenly for about 3 minutes. Add the mushrooms and salt and cook for 2 minutes. Set aside.

**The sauce:** Wrap the onion, garlic and chile in foil and bake in a 350° oven for 45 minutes. Heat a dry skillet over medium heat. Add the unhusked tomatillos and toast until softened, about 10 minutes. Cool, then rinse. Remove the husks. Place the tomatillos, roasted onion, garlic and chile (seeds and stem removed) in a food processor and puree. Add a little of the water or broth to help in pureeing. Push the puree through a sieve to remove seeds and skins. Place puree in a skillet. Add the remaining water or broth, the tequila, cream and salt. Simmer over low heat for 10 minutes, until the sauce has thickened.

**To assemble:** Heat 1 teaspoon of the olive oil in a nonstick skillet. Add 2 tortillas and fry until softened. Repeat with remaining oil and tortillas. Place a scant ½ cup of the filling toward the edge of each tortilla; roll up into an enchilada. Place 2 enchiladas for each serving on heat-proof plates. Pour about ½ cup of the Tequila Sauce over each serving, then scatter ½ cup grated cheese over each set of enchiladas. Place the plates 10 inches apart. Yields 6 enchiladas. Serves 3.

**PER ENCHILADA:** 305 calories, 13 g protein, 27 g carbohydrate, 17 g fat (7 g saturated), 33 mg cholesterol, 741 mg sodium, 6 g fiber.



MARCH 10 1996 is a SUNDAY

TU LV 5 March

W AR 6 March Ireland SHANNON

TH 7

FR 8

SA 9

SU 10

M 11

TU 12

DUBLIN OVERNIGHT

WE LV 13

TH AR 14

2

3

4 AM

5 AM

6 AM

7 AM

8 AM

9 AM

10

11

12

1

2

3

4



3/12 → lower back pain, extreme, unable to sit for more than 10 min.

after taking 2nd wellbutrin, my head felt like it was going to explode.



Date Friday night

Family Sunday afternoons

journal for LB and I

exercise w/ LB → walking  
mountain biking

Getting it Done → Andrew J. DuBrin  
Change Masters → Kenton



Roma —————

Gloria —————→ 476.88 6892

Louderes ————— SICK 17, NOV 20TH

5TH

25 Van No

 Devin Richardson  
—————

 3 petty cash envelopes

















CAMERON

"RECORD" [DIARY], RECIPES, 1995-1996

[54 pages]

RECORD  
DIARY  
RECIPES  
1995-1996



